NCARNG Weekly Safety Newsletter

June 26, 2015

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Visit us at NCGKO
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U.S. ARMY COMBAT READINESS/SAFETY CENTER

For more Safety information visit
US ARMY SAFETY CENTER

FIREWORKS SAFETY

Each July Fourth, thousands of people, most often children and teens, are injured while using consumer fireworks. Despite the dangers of fireworks, few people understand the associated risks. Fireworks can cause death and injury, including burns, contusions, lacerations, and foreign objects in the eye. Make the choice to protect yourself and your family from fireworks injuries.

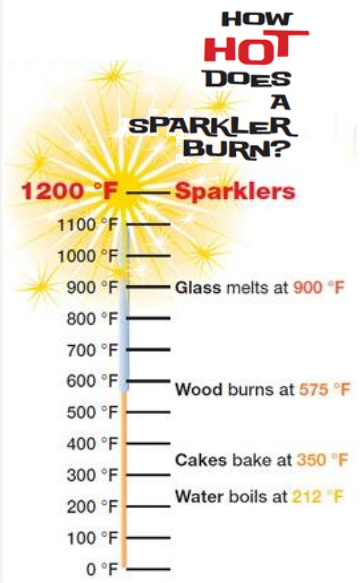
FIREWORKS BY THE NUMBERS

- In 2011, fireworks caused an estimated 17,800 reported fires, including 1,200 total structure fires, 400 vehicle fires, and 16,300 outside and other fires. These fires resulted in an estimated eight reported civilian deaths, 40 civilian injuries and $32 million in direct property damage.
- In 2012, U.S. hospital emergency rooms treated an estimated 8,700 people for fireworks related injuries; 55% of 2012 emergency room fireworks-related injuries were to the extremities and 31% were to the head.
- The risk of fireworks injury was highest for young people ages 15-24, followed by children under 10.
- On Independence Day in a typical year, far more U.S. fires are reported than on any other day, and fireworks account for two out of five of those fires, more than any other cause of fires.

FIREWORKS SAFETY TIPS

Leave Fireworks to the Professionals

- The best way to protect your family is to not use any fireworks at home. Instead, attend public fireworks displays and leave the lighting to the professionals.
- If you plan to use fireworks, make sure they are legal in your area.



Be Extra Careful With Sparklers

- Little arms are too short to hold sparklers, which can heat up to 1,200 degrees. How about this? Let your young children use glow sticks instead. They can be just as fun but they don't burn at a temperature hot enough to melt glass.
- Closely supervise children around fireworks at all times.

Take Necessary Precautions

- Do not wear loose clothing while using fireworks.
- Never light fireworks indoors or near dry grass.
- Point fireworks away from homes, and keep away from brush, leaves and flammable substances

Be Prepared for an Accident or Injury

- Stand several feet away from lit fireworks. If a device does not go off, do not stand over it to investigate it. Put it out with water and dispose of it.
- Always have a bucket of water and/or a fire extinguisher nearby. Know how to operate the fire extinguisher properly.
- If a child is injured by fireworks, immediately go to a doctor or hospital. If an eye injury occurs, don't allow your child to touch or rub it, as this may cause even more damage.

**For more information http://www.nfpa.org/safety-information/for-consumers/holidays/fireworks or www.safekids.org/tip/fireworks-safety-tips

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First Aid: BURNS

You can get burned by heat, fire, radiation, sunlight, electricity, chemicals or hot or boiling water. There are 3 degrees of burns:

•First-degree burns are red and painful. They swell a little. They turn white when you press on the skin. The skin over the burn may peel off after 1 or 2 days. Usually heal in 3 to 6 days.

•Second-degree burns are thicker burns, are very painful and typically produce blisters on the skin. The skin is very red or splotchy, and may be very swollen. Usually heal in 2 to 3 weeks.

•Third-degree burns cause damage to all layers of the skin. The burned skin looks white or charred. These burns may cause little or no pain because the nerves and tissue in the skin are damaged. Usually take a very long time to heal.

How are burns treated?

The treatment depends on what kind of burn you have. See a doctor if:

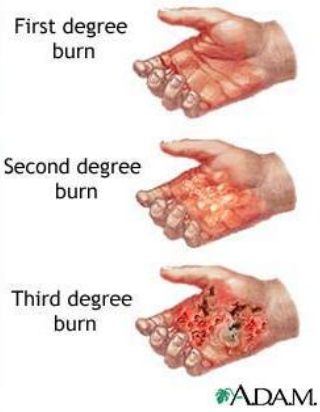
•A first- or second-degree burn covers an area larger than 2 to 3 inches in diameter.

•The burn is on your face, over a major joint, on the hands, feet or genitals.

•The burn is a third-degree, electrical, or chemical burn which requires immediate medical attention.

First-degree burn

Soak the burn in cool water for at least 5 minutes. The cool water helps reduce swelling by pulling heat away from the burned skin. Treat the burn with a skin care product that protects and heals skin, such as aloe vera cream or an antibiotic ointment. You can wrap a dry gauze bandage loosely around the burn. This will protect the area and keep the air off of it. Take an over-the-counter pain reliever, such as acetaminophen, ibuprofen or naproxen, to help with the pain. Ibuprofen and naproxen will also help with swelling.



Second-degree burn

Soak the burn in cool water for 15 minutes. If the burned area is small, put cool, clean, wet cloths on the burn for a few minutes every day. Then put on an antibiotic cream, or other creams or ointments prescribed by your doctor. Cover the burn with a dry nonstick dressing held in place with gauze or tape. Change the dressing every day. First, wash your hands with soap and water. Then gently wash the burn and put antibiotic ointment on it. If the burn area is small, a dressing may not be needed during the day. Check the burn every day for signs of infection, such as increased pain, redness, swelling or pus. If you see any of these signs, see your doctor right away. To prevent infection, avoid breaking any blisters that form. Burned skin itches as it heals. Keep your fingernails cut short and don't scratch the burned skin. The burned area will be sensitive to sunlight for up to one year, so you should apply sunscreen to the area when you're outside.

Third-degree burn

For third-degree burns, go to the hospital right away. Don't take off any clothing that is stuck to the burn. Don't soak the burn in water or apply any ointment. If possible, raise the burned area above the level of the heart. You can cover the burn with a cool, wet sterile bandage or clean cloth until you receive medical assistance.

www.familydoctor.org/familydoctor/en/prevention-wellness/staying-healthy/first-aid/first-aid-burns